

## **FREESTONE RECREATION CENTER CLASSES – WINTER 2004**

Registration will be accepted from November 26, 2003 until the first day of class.

Registration for Freestone Recreation Center classes will be accepted at Freestone Recreation Center (1141 E. Guadalupe Rd), the main Parks and Recreation office (70 E. Civic Center Dr.). Residents with a main contact ID number and family pin number may register through Touch Tone Registration (503-6225). Refund requests for classes will be accepted 7 days or more prior to the first day of class.

### **FRC Afternoon Preschool Activities**

Believe it, because it's true! The Freestone Recreation Center is offering preschool activities for children 3-4 years of age. Children will have tons of fun with our weekly themed activities and crafts. Our staff will encourage learning while fostering their creativity and interpersonal skills.

#### **3-4 YEARS: 1/5-1/29 (8 classes)**

27137	M/W	1-3:30pm	FRCKK	\$65
27138	T/TH	1-3:30pm	FRCKK	\$65

#### **3-4 YEARS: 2/3-2/26 (8 classes)**

27139	M/W	1-3:30pm	FRCKK	\$65
27140	T/TH	1-3:30pm	FRCKK	\$65

### **Moms, Pops, and Tots**

Kids just want to have fun (and so do their parents!) Parents, why not take a refreshing break from your busy grown-up life? You and your child will share, interact, and play with new friends as you create a variety of 3-D structures, enjoy stories, songs, and various arts and crafts. *Remember: dress for mess! Families are welcome, but please, only one child per adult!*

#### **3-5 YEARS: 1/5-2/25 (8 classes)**

27183	M	5:45-7pm	FRCAR	\$63
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### **PeeWee Sports and Games**

This is sure to be an all-time favorite of your child for years to come! This class concentrates on sport activities broken down into the basic skills for little ones to understand and excel! This class will help your child improve their fine and gross motor skills while having fun!

#### **3-5 YEARS: 1/10/04-2/28/04**

27224	SAT	9-10am	FRCRB4	\$30
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### **Ballet Dance**

Start your little dancer on the right foot by registering them in this wonderful new class! Children will learn basic ballet moves in a positive and fun learning environment! (Dance attire is strongly recommended)

#### **3-4 YEARS: 1/6-1/29 (8 classes)**

27161	T/TH	3:15-4pm	FRCAB	\$28
27162	T/TH	4:15-5pm	FRCAB	\$28

#### **3-4 YEARS: 2/3-2/26 (8 classes)**

27163	T/TH	3:15-4pm	FRCAB	\$28
27164	T/TH	4:15-5pm	FRCAB	\$28

#### **3-4 YEARS: 1/10-2/28 (8 classes)**

27165	SAT	9:15-10am	FRCAB	\$28
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### **Jazz Dance**

Is your child interested in learning how to Jazz dance? This fun and easy-going class is perfect for kids starting out or continuing their dance skills. Your child will not only learn Jazz techniques but will also

improve their interpersonal skills. Don't let your child miss out on this great class! (Dance attire is strongly recommended)

**5-8 YEARS:** 1/5-1/28 (8 classes)

27166	M/W	3-4pm	FRCAB	\$28
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**5-8 YEARS:** 2/2-2/25 (8 classes)

27167	M/W	3-4pm	FRCAB	\$28
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27168	SAT	10-11am	FRCAB	\$28
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**Kidz Nite Out**

Parents, do you want a night out for yourself? Freestone Recreation will hold a Kidz Nite Out once a month so that parents can have a night out without the kids. Enjoy a movie or quiet dinner while your child participates in arts/crafts projects, sports, games, and climbing the rock wall. We will be holding this program one Saturday per month. **No refunds or credits will be issued 7 days or less prior to the Kidz Nite Out.**

**5-7 YEARS**

26757	SAT	12/13	6-9:30pm	FRC	\$8
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26758	SAT	1/24	6-9:30pm	FRC	\$8
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27172	SAT	2/21	6-9:30pm	FRC	\$8
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**8-11 YEARS**

26760	SAT	12/13	6-9:30pm	FRC	\$8
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26761	SAT	1/24	6-9:30pm	FRC	\$8
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27173	SAT	2/21	6-9:30pm	FRC	\$8
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**1 Day Holiday Kidz Kamp**

Hey Kids! There is no school due to the holidays. So come and spend the day at Freestone Recreation Center. This program will offer children an opportunity to participate in arts/crafts projects, sports, games, and climb the rock wall. **There are no refunds/credits for Kidz Kamp.**

**5-7 YEARS**

27184	M	1/19	9a-12p	FRC	\$10
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27186	M	1/19	1p-4p	FRC	\$10
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27185	M	2/16	9a-12p	FRC	\$10
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27187	M	2/16	1p-4p	FRC	\$10
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**8-11 YEARS**

27188	M	1/19	9a-12p	FRC	\$10
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27190	M	1/19	1p-4p	FRC	\$10
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27189	M	2/16	9a-12p	FRC	\$10
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27191	M	2/16	1p-4p	FRC	\$10
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**Bump, Set, Spike!**

This class will provide instruction on the skills and rules of volleyball, as well as an opportunity to play.

**8-11 YEARS:** 1/10-2/28 (8 classes)

27223	SAT	8-9am	FRCRB4	\$28
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**Hip Hop Dance**

Learn the hottest moves by one of the best dance instructors around! Get ready for cheerleading or dance squad try-outs. You can also get in great shape and meet tons of new friends, so come on in and join the fun! (Dance attire is strongly recommended)

**9-12 YEARS:** 1/5-1/28 (8 classes)

27169	M/W	4-5pm	FRCAB	\$30
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**9-12 YEARS:** 2/2-2/25 (8 classes)

27170	M/W	4-5pm	FRCAB	\$30
<b>9-12 YEARS:</b> 1/10-2/28 (8 classes)				
27171	SAT	11-12pm	FRCAB	\$30

### **Pom & Cheer**

During this class, students will learn proper cheer motions, voice, kicks, and jumps. Students will apply this knowledge to learn numerous cheers/chants and a pom dance. Students will also learn proper stretching and safety techniques to prevent injury during activity.

**5-8 YEARS:** 1/10-2/28 (8 classes)

27174	SAT	10:30-11:30am	FRCAA	\$30
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**9-12 YEARS:** 1/10-2/28 (8 classes)

27175	SAT	11:30-12:30pm	FRCAA	\$30
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### **Racquetball Lessons**

Students are taught the fundamentals of this exciting, fast-paced sport which focuses on getting a great workout while having a fun time! **Low Ratio! Only 4 participants allowed in class.**

**8-12 YEARS:** 1/10-2/28 (8 classes)

27176	T	6-7pm	FRCRB1	\$60
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27177	SAT	10-11am	FRCRB1	\$60
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### **Junior Childcare Professionals**

Want to be the best childcare provider you can be? Why not sign up for this fun and informative class to get you started on the right path? Taking care of children is a big responsibility, so be prepared! Local Fire and Police department speakers will address health and safety issues.

**10-15 YEARS:** 1/5-2/23 (8 classes)

27141	M	4-5:30pm	FRCAR	\$63
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### **Advanced Hip Hop Dance**

Are you bored of the “typical” hip hop class and looking for something more challenging? Do you want an amazing workout while you learn the newest moves? If you answered yes to any of the above, then sign up for this cutting-edge class that will you learn in a fun and supportive environment. *Previous enrollment in dance classes is required.* (Dance attire is strongly recommended)

**11-14 YEARS:** 1/5-1/28 (8 classes)

27142	M/W	5-6pm	FRCAB	\$30
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**11-14 YEARS:** 2/2-2/25 (8 classes)

27143	M/W	5-6pm	FRCAB	\$30
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**11-14 YEARS:** 1/10-2/28 (8 classes)

27144	SAT	1-2pm	FRCAB	\$30
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27145	SAT	2-3pm	FRCAB	\$30
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### **Tae Kwon Do**

Basic stretches, blocks, punches, and kicks involved in Tae Kwon Do-style for students and simple self-defense techniques as well as hand/eye coordination exercises are taught.

**6-12 YEARS:** 1/5-2/25 (16 classes)

27179	M/W	6-7pm	FRCAB	\$54
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### **Tae Kwon Do Intermediate**

Basic stretches, blocks, punches, and kicks involved in Tae Kwon Do-style for students and simple self-defense techniques as well as hand/eye coordination exercises are taught.

**6-12 YEARS:** 1/6-2/26 (16 classes)

27178	T/TH	6-7pm	FRCAB	\$54
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### **Tae Kwon Do**

Basic stretches, blocks, punches, and kicks involved in Tae Kwon Do-style for students and simple self-defense techniques as well as hand/eye coordination exercises are taught.

**13+ YEARS:** 1/5-2/25 (16 classes)

27180	M/W	7-8pm	FRCAB	\$54
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### **Racquetball Lessons**

Students are taught the fundamentals of this exciting, fast-paced sport which focuses on getting a great workout while having a fun time! **Participants are required to bring their own racquet. Low Ratio!**

**Only 8 participants allowed in class.**

**13+ YEARS:** 1/10-2/28 (8 classes)

27181	T	7-8pm	FRCRB1	\$60
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27182	SAT	11-12pm	FRCRB1	\$60
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### **East Coast Swing**

The rage has come back for the old 40's-50's style swing. Learn to dance to the popular music of yesteryear and today. Classes will be taught slowly for best results, gradually moving toward more advanced techniques. No partner required.

**13+ YEARS:** 1/10-2/28 (8 classes)

27194	SAT	5:30-7pm	FRCAA	\$39
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### **Cha Cha-Beginners**

One, Two, Cha-Cha-Cha. Want to learn the cha cha? Learn to be smooth, with great lead and technique. Classes will be taught slowly for best results gradually moving toward more advance techniques. No partner is required.

**13+ YEARS:** 1/10-2/28 (8 classes)

27195	SAT	7-8:30pm	FRCAA	\$39
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### **Tai Chi**

Tai Ji Quan, which means Grand Ultimate Fist, is a classical Chinese internal martial arts system created out of the Daoist concept of balance. Tai Ji Quan, with its movements imitating the flow of water, is an exercise which improves balance, coordination and respiratory and cardiovascular systems.

**13+ YEARS:** 1/6-2/26 (16 classes)

27196	T	7:15-8:15pm	FRCAB	\$28
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### **Adult Tap Dancing Beginner/Intermediate**

Adult tap will consist of basic tap steps as well as center floor practice, across the floor exercises and a combination. *Tap shoes needed.*

**13+ YEARS:** 1/6-2/26 (8 classes)

27197	TH	7:15-8:15pm	FRCAB	\$28
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